



# Refresh

**Title: Refresh**

**2 Corinthians 7:2-16**

**2 Corinthians 2:12-13**

When I came to Troas to preach the gospel of Christ, even though a door was opened for me in the Lord, **13 my spirit was not at rest because I did not find my brother Titus there.** So I took leave of them and went on to Macedonia.

**Psalms 140** - Deliver me, O Lord, from evil men;

preserve me from violent men, who plan evil things in their heart  
and stir up wars continually. They make their tongue sharp as a serpent's,  
and under their lips is the venom of asps. Guard me, O Lord, from the hands of the wicked; preserve me  
from violent men, who have planned to trip up my feet

**SOLUTION: (6-7)** I say to the Lord, You are my God;

give ear to the voice of my pleas for mercy, O Lord! O Lord, my Lord, the strength of my salvation,  
you have covered my head in the day of battle.

## **GOD USES PEOPLE TO REFRESH PEOPLE**

**Acts 27.3** - And the next day we touched at Sidon. And Julius courteously entreated Paul, and **gave him liberty to go unto his friends to refresh himself.**

**2 Timothy 1.16-18** - May the Lord grant mercy to the household of Onesiphorus, for he **often refreshed me** and was not ashamed of my chains, **17** but when he arrived in Rome he searched for me earnestly and found me—**18** may the Lord grant him to find mercy from the Lord on that day!

**Old Testament Times:** David and Jonathan...in Davids lowest times...Jonathan strengthen him in the Lord. 1 Samuel 23

**Malachi 3.16** - Then those who feared the Lord spoke with one another  
BE A TITUS to someone today....HOW?

1. Treat them like God sees them
2. Look for ways to encourage and brighten their day. Be Positive & Smile
3. Just listen
4. Talk positively about them to others. Honor breeds honor
5. Pray and be used of the Spirit